

Application No. 10/813,923

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What is claimed:

1. (Currently amended) A golf stance stabilizing apparatus for executing a golf shot, the apparatus comprising a forward foot gripping element including means for securing a forward foot, a rear foot gripping element including means for securing a rear foot, and a stance adjustment mechanism means for adjusting and selecting a desired the distance between said forward foot gripping element and rear foot gripping element to minimize movement of a golfer's feet and maintain said golfer's feet in a parallel configuration with respect to each other, wherein said stance adjustment mechanism is arranged horizontally between and connected to said gripping elements at a point on the golfer's feet and maintains the selected the distance therebetween.
2. (Canceled) The apparatus of claim 1, further comprising an adjustment mechanism for adjusting the distance between said forward foot gripping element and rear foot gripping element.

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3. (Previously presented) The apparatus of claim 1 where in said stance adjustment means is comprised of two opposing, complimentary attaching means connectable together.
4. (Previously presented) The apparatus of claim 1 wherein said means for securing a forward foot comprises two opposing straps releasably attachable to each other.
5. (Previously presented) The apparatus of claim 1 wherein said means for securing a rear foot comprises two opposing straps releasably attachable to each other.
6. (Previously presented) The apparatus of claim 5, wherein the two opposing straps are releasably attached to each other by buttons or fabric.
7. (Original) The apparatus of claim 1 wherein said forward foot gripping element further comprises a base strap.
8. (Original) The apparatus of claim 1 wherein said rear foot gripping element further comprises a base strap.

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9. (Previously presented) The apparatus of claim 6 wherein said two opposing straps are further attached to a base strap.

10. (Previously presented) The apparatus of claim 1 wherein said means for securing a rear foot and said means for securing a forward foot each comprise ~~is~~ ~~in the form of~~ a base strap and two opposing straps being releasably attachable to each other, wherein said opposing straps are attached to said base strap.

11. (Previously presented) The apparatus of claim 1 wherein at least one of said forward foot and rear foot gripping elements further comprise a means for attaching an additional strap, an additional strap is attached to said means for attaching, wherein the additional strap further comprises a complimentary means for attachment at a first end to be releasably connected to said means for attaching an additional strap.

12. (Previously presented) The apparatus of claim 11 wherein the length of the additional strap is capable of being adjusted.

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13. (Previously presented) The apparatus of claim 12, wherein the additional strap further comprises a means for attaching the additional strap to a person's leg at a second end opposite said first end.

14. (Previously presented) The apparatus of claim 11, wherein said forward and rear feet gripping elements both comprise a means for attaching an additional strap and respective additional straps connected thereto.

15. (Previously presented) The apparatus of claim 14, wherein the additional straps further comprises a means for attaching the additional straps to both a person's legs at a second end opposite said first end.

16. (Previously presented) The apparatus of claim 15 wherein the additional straps extend from respective gripping elements to an opposing leg of the golfer thereby crossing and being attached at the second ends in an area near the golfer's knees.

17. (Currently amended) A method of executing or practicing a golf shot, the method comprising the steps of providing a golf stance stabilizing apparatus

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comprising an unattached forward foot gripping element including means for securing a forward foot, an unattached rear foot gripping element including means for securing a rear foot, a means for maintaining balanced weight distribution and a means for adjusting the separation distance between said forward foot gripping element and rear foot gripping element, wherein said means for maintaining balanced weight distribution comprises a first strap capable of being releasably attached to the forward foot gripping element via a first end and a second strap capable of being releasably attached to the rear foot gripping element via a first end the method comprising: placing a forward foot in said unattached forward foot gripping element and securing said forward foot therein, placing a rear foot in said unattached rear foot gripping element and securing said rear foot therein, determining an appropriate stance or width between said forward foot and said rear foot, adjusting said rear foot to said width, attaching said gripping elements together, attaching one of said first and second straps of the weight distribution means to said respective gripping

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element, adjusting the length of said one strap to length to allow it to extend to a position near the knee of an opposing leg and attaching said one strap thereto, attaching the remaining strap of said first and second straps of the weight distribution means to said respective gripping element, adjusting the length of said one strap to length to allow said remaining strap to extend cross said one strap to a position near the knee of an opposing leg and attaching said remaining strap thereto, and executing the golf shot.